



Passport to Managing Stress: Time-for-Me



Name: _____

Answer these questions as you go through the virtual educational exhibit to reinforce your learning.

Exhibit 1: Overview Of Stress

Circle one: The first indicator of stress for me is usually: a) Physical b) Behavioral c) Mood Changes

Exhibit 2: The SCARF Model And Stress Triggers

Recognizing that the _____ trigger from the SCARF model is a major stress trigger for me will help me to identify and respond more effectively to stress.

Exhibit 3: Responding To Stress

Circle one: My typical response to stress is: a) Fight b) Flight c) Freeze

Exhibit 4: Coping With Stress

Two examples of stress management practices that I am willing to do on a regular basis to help me cope with stress are:

Exhibit 5: Stress Reduction Practices

List the stress reduction practices that you are interested in trying:

Exhibit 6: Time-for-Me

List activities you are interested in doing during your 15 minutes of Time-for-Me in the areas of Connecting, Fun, Relaxation, and Physical Activity:

Connecting: _____

Fun: _____

Relaxation: _____

Physical Activity: _____

Exhibit 7: Meditation

Try this 5 Minute BBLISS Meditation as you complete the Virtual Exhibit. Write down how you felt after completing the meditation. Try to make time each day for brief meditation.
